

## Church Family News and Prayers

After Geraint Thomas won the Tour de France this year, I spent a week or two slightly interested in cycling. I even pedaled to Waitrose once or twice on my purple French bike. I'm not likely to win anything on that!

In Geraint's case, by the age of 22, he'd become a World and Olympic champion. However, in between those gold medals, he had a go at the Tour de France, finishing 140th out of 141. I'd have given up. He was great as a sprinter but it seemed as if he wasn't built for longer distances. In spite of that, Geraint was determined to give it a go. And "determined" is definitely the word. In 2013, He rode 20 days of the Tour de France with a broken pelvis. Being part of the team mattered more than the agony he was in. Chris Froome called that courage "the story of the tour".

Geraint's bravery and teamwork have never been in doubt but he came to be seen as one of the support riders - a trusty lieutenant rather than the main man. But the writer of Ecclesiastes wrote: 'To everything there is a season, a time to every purpose under heaven.' And this year it was Geraint's time.

Others had crashes and mechanical failures; he kept on riding. When many expected him to run out of steam, he didn't and suddenly the assistant is the hero in the spotlight. But he didn't lose perspective: "It's just a bike ride" he said. "Going to Afghanistan, that's real life stuff. We're just privileged to be in the position we're in" I like that. Not everyone wins and you'll definitely not see me on a bike in lycra! But what matters is playing your part wherever and whatever that may be.

Dave Kitchen

***We continue to pray for those members of our Church Family and Friends who are unwell and all those who mourn.***

*If you would like to be included in the prayer list,  
Please write your name in the book in the foyer of the church.*

**Please pray for our CEEMP Prayer Partners:  
St David's/All Saints Llanedeyrn**

**Prayer in Your Street for September:  
Cyncoed Ave. Clarendon & Werngoch Road**



### **CYNCOED METHODIST CHURCH**

**A warm welcome to everyone worshipping with us today  
Please stay for coffee or tea in the church after the service.**

**Sunday 16th September 2018  
24th Sunday in Ordinary Time**

**Steward: Alison Harrison**

**10.30am Jim James**

**6.00pm Rev. Kofi Amissah @ St Andrews**

***Readings:***

*Proverbs 1: 20-33; Psalm 19 or Canticle: Wisdom of Solomon 7:  
26 - 8: 1; James 3: 1-12; Mark 8: 27-38*

### ***At Cyncoed Methodist Church***

We are called to tell God's story by living as God's people through:

- Preaching and teaching the gospel
- Encouraging spiritual growth
- Outreach in the community
- Responding to opportunities for change

**all inspired by God centred worship and prayer.**

***A family room*** is available, if needed, for the use of parents with babies and toddlers, allowing parents to share in worship while the little ones enjoy the toys provided. Please ask one of the stewards for more information.

***Please ensure that your mobile is on 'silent' during the service***

## The Ministerial Team:

### Rev. Kofi Amissah

Tel: 029 2025 9500 [kofi.amissah@methodist.org.uk](mailto:kofi.amissah@methodist.org.uk)

### Rev. Alexis Mahoney

[revalexismahoney@gmail.com](mailto:revalexismahoney@gmail.com)

### Family & Community Lay Worker - Helen Osborne

Tel: 029 2039 3439, mobile 07788 701 129, [helen.osborne11@btinternet.com](mailto:helen.osborne11@btinternet.com)

### Church Office: 029 2039 3439

[cyncoedmethodistchurch@gmail.com](mailto:cyncoedmethodistchurch@gmail.com)

## Sunday 23rd September 2018 25th Sunday in Ordinary Time

Steward: John Tredget

10.30am Revf. Kofi Amissah

6.00pm Rev. Alana Lawrence @ St Andrews

### Readings:

Proverbs 31: 10-31; Psalm 1; James 3: 13 - 4: 3, 7-8a; Mark 9: 30-37

## Offering

If you would like to make an offering for the work of the church there is an Offertory plate, at the door, which is brought forward during the service.

## 24 HOURS FOR CHRISTIAN AID

Is a Cardiff East Churches together Event. Starts noon, Saturday 13th October to midday Sunday 14th. Family Fun and Games, Saturday Afternoon 2.30p.m. to 5.00p.m. All Events, Worship, Concert, Quiz, Breakfast at Christchurch United, Llanedeyrn.

Derek French is asking for Sponsors. Forms on the Porch Table. He will be there for the 24 Hours, at the concert, eating, quizzing, and the breakfast. We are also looking for those to join a Quiz team, 7.30 p.m. Saturday. Individuals welcome. A form is on the Porch Table Your support will be welcome.

Eluned Norton

If you are new to this church or if you have any particular concerns and would like to talk to someone please give your name and contact details to one of the ministers or stewards.

## Notices

- **Lunch Club:** Do you have a few hours to spare on Wednesdays? Would you be able to help out at the Lunch Club with laying tables/ serving meals/washing dishes and clearing away ? If so, please contact Sandy Warner (029 2054 1480) for more information.
- **Ty Enfys:** Our next worship will be on Monday 17<sup>th</sup> September at the **new time of 2.45pm**. If you are able, come and share in fellowship and enhance the singing.
- **Trinity Centre: Tom Oborski** is running in the Cardiff Half Marathon on Sunday 7<sup>th</sup> October in aid of the Trinity Centre. If you would like to sponsor Tom there is a form on the table in the Vestibule.
- **Bible Study:** Continuing our study of Hebrews on Tuesday 18<sup>th</sup> September at 7.30pm, at 14 Lonsdale Road. All are welcome.
- **Can you help?:** We have many people in need of Winter clothes, shoes hats and gloves etc. for men, women and children, especially jackets in all sizes. Lots of children I have encountered do not have suitable shoes or coats to keep them warm as we approach Autumn and Winter, so any help will be gratefully received. Please contact me on 029 2040 7308 or [voice4jesus@hotmail.co.uk](mailto:voice4jesus@hotmail.co.uk)  
Thank you, Rev. Irfan John
- **Harvest Thanksgiving Sunday 30<sup>th</sup> September**  
There will be a **'bring and share'** afternoon tea for Harvest at 4.45pm prior to the 6pm evening service, led by Rev Kofi Amissah. All are welcome to come and join in fellowship with one another.
- **Clickers Needed;** If anyone can help with clicking the PowerPoint during Sunday morning services please speak to Alison Harrison. No experience needed training will be given.

Please leave items for the church notices in the Church Office (for Mike Berry) or email to [cyncoedmethodistchurch@gmail.com](mailto:cyncoedmethodistchurch@gmail.com) before 5.00pm on Wednesday.